



Grade 07

Health and Physical  
 Education.

Unit : 04  
 Let us play volley ball

Part I

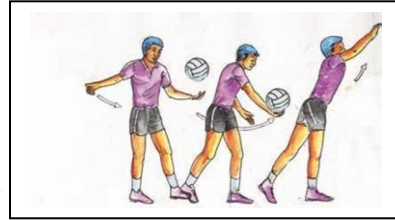
Underline the most suitable answer

1. This is not a skill of volley ball,

- i) Foot work      ii) Serving      iii) Setting      iv) Spiking

2. The diagram shows

- i) Over arm service of volleyball  
 ii) Under arm service of volleyball  
 iii) Under arm receive in volleyball  
 iv) Over arm receive in volleyball



3. This is not a stage of under arm receive in volley ball,

- i) Defending      ii) Before touching the ball  
 iii) Touching the ball      iv) After touching the ball

4. Number of reserve players in a volleyball team

- i) 7      ii) 5      iii) 6      iv) 11

5. The length of the volleyball court is

- i) 18m      ii) 30m      iii) 45m      iv) 12m

Part II

- 1) Write 4 skills in volleyball.
  
- 2) State 2 main ways of serving in volley ball.
  
- 3) Draw 2 activities that related to under arm receive practice in volley ball.



- 4) Briefly explain the first stage in under arm service in volley ball.

agaram.lk